



User Guide Sheets, Recovery Bags, Throws, Plush pads Products

Dr John Kelsey PhD, ND

Info@bioenergyproducts.co.uk

+44 121 243 6318



www.originalearthing.co.uk
www.bioenergyproducts.co.uk

Information for all aspects of product use can be found under FAQ's, Product care on the website. You can also ask us to email a copy. This will provide information on

Reactions and Monitoring

No Initial Benefit; Ongoing Earthing results not as expected

Medication Advisory

Pacing: low Vitality including CFS, ME, Elderly heavily energy compromised

Electro-sensitivity and/or initial reactions

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Earthing Sheet, Recovery Bags, Throws, Plush Pads, Product Specific

The Earthing Sheet (ES) is 100 % cotton with embedded silver fibre. The contact area is 78" x 36" with synthetic tuck under ends. Whilst normally used to sleep on it can be used folded up as a barefoot floor mat. It can be positioned across the bed or lengthwise. We have had substantial feedback from clients using an Earthing device for 2 hours before bed. The recovery bag is 50/50 poly/cotton. The colour is off white and varies with the country of supply of cotton.

Testing Accessory Comments

The items made of fabric with silver threads do need particular awareness of care (see below). We strongly recommend the continuity tester or the body voltage tester. This enables you to have initial faith and to check every so often. Of all the earthing products the sheets etc. have the highest need of care. Please be careful but not paranoid- we have sheets 4 years old that are still absolutely fine!

Special notes re sheet life

You may become concerned that the sheet could be losing conductivity and no longer carrying the Earth's healing energy through the silver fibers embedded in the fabric. There isn't a precise lifespan for the sheet but well cared for it should last as long as any quality item that is in regular use. When a sheet does lose its conductivity, it needs to be replaced. We have heard from folks describing the "sudden death" of sheets and from others saying their sheet gradually lost conductivity over time. By comparison, we have some Earthing sheets in use for over five years and they are still going strong. Sheets are actually a small investment compared to their benefits: over 5 years a £100 spend is 5 pence per day. A coffee is 100 p (ish).

Please do not avoid washing your sheet or washing rarely, out of fear of ruining the conductivity. This is totally the wrong approach and will result in sheet degradation from natural body oils. It is important to wash preferably weekly and at least each two weeks. It is also important to avoid contamination of the sheet with applied and natural body oils. Avoid applying creams, lotions, and essential oils within an hour before bedtime to any areas of your skin that will be in contact with the sheet. The oils contained in these products become absorbed into the fabric of the sheets and can reduce or damage conductivity. If you sweat in bed and thus release body oils use a vest over the sweat areas.

Sheet Product Care (washing, ironing): Overview

Sheets can be washed like any quality item. However it is critical to take absolute note of the type of washing product to be used. Bleaches can cause immediate loss of conductivity. Poor care (like detergents with oxidising agents or cold water washes) can cause a progressive loss. Routine conductivity testing is recommended, but Body Voltage testing is more refined.

Here are the key points

Wash regularly, weekly

Use a reputable detergent (soap nuts, ecoballs etc. may not be strong enough)

Use normal and not excessive amounts (cab clog fibres)

Do not pour detergent directly on the sheet. If you need to soak mix the detergent in water first

Check the label (don't be fooled by marketing hype)

No bleach or other oxidising agents or whiteners (can cause sudden fabric death)

No fabric softener (causes progressive death)

Wash at 60C to optimise oils removal, on a gentle cycle.

Do not dry clean

We suggest:

Morrisons Kind and Gentle (Anionic & non ionic surfactants; 1,2-Benzisothiazol-3-One, phosphonates)

Daylesford Organic Natural Lavender Laundry Liquid (Waitrose) (Vegetable Oil Soap, Aqua, Glucose-derived Detergent, Ethanol, Natural Anionic Detergent, Citrates, Citric Acid, French Lavender Oil (There is review on this which will be informative)**

Bio-D concentrated laundry liquid (concentrated) Vegetable oil soap, aqua, glucose-derived detergent, ethanol, natural anionic detergents, citrates, citric acid ** (Note that this seems identical to Daylesford)

Luxury Lavender Woolwash (Lakeland): non ionic & anionic surfactants, Benzisothiazolinone, linalool (scent), perfumes, EDTA

Please keep to the stated product name as other similar sounding from the same manufacturer have unwanted additives.

** Available on line.

Drying & ironing: Air drying is best for minimum creasing or tumble dry on 'low' or 'no heat' setting. Remove sheet from dryer promptly. Fold to minimize wrinkles. We recommend not ironing. If you need to iron use lowest possible heat (2 on 5 scale) and maximum steam. Only try to remove major creases.

(Please see specific Sheet Care Notes in FAQ-Product Care for more details)

Package Contents and Installation

Earthing item: sheets, throws, recovery bags have a press stud (male) on a rubber tab; on mats, bands and patches the press stud is directly on the item.

The item connection cable: this may be an 8ft or 15 ft straight or a 20 ft coiled cable. It has a pres stud (female) one end to connect to the earthing item and a prong (4mm) at the other end. The prong will slide into the socket on the earthing adapter, the socket on the long cable attached to the earthing rod or the splitter. The cable has a protective device in and ordinary cables should not be used. Take care that the cable is not a trip hazard.



Cable press stud



Sheet/Mat/Patch/band



To Rod or extension cable



Splitter

Installation & Usage Videos

Earthing.com has produced some 30 sec. cartoons that explain installation. The house socket is American; in other countries the socket adapters are needed.



Sheets:

<http://www.youtube.com/watch?v=unhCsQEn3gQ>

Half sheet:

<http://www.youtube.com/watch?v=nPbdI3G9X0Q>

Earthing Recovery Bag

<http://www.youtube.com/watch?v=Y47sLRK3teE>

Earthing Throw

<http://www.youtube.com/watch?v=RXBxrOgBstg>

Mains socket connection

Depending on the adapter there may be one or 2 connections (either or both can be used). For USA sockets the cable enters directly: for all other socket styles an adapter is needed. The power can be on or off (Earthing does not use any power; it connects only to the safety earth line).

EFx Adapter (UK, Europe, Aust) or for RSA, India via adapter

EFX Adapter
Italy

UK Alt Adapter

Single Input Example
(Europe)

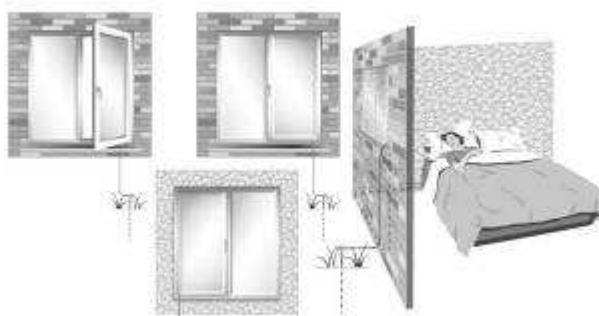
Universal Adapter
Single input example
(Italy)



Earthing Rod Installation:

1. Open the window, feed the cable via the corner of the window (most windows have a soft plastic surround and fold round the cable)
2. Locate a spot 1 ft from the house preferably with some vegetation.
3. Press the rod full length into the ground.
4. Close the window- it can be opened and closed gently. (Note that the window does not need to be left open)
5. In dry climates thoroughly water the surrounding area.

(The cable has resilient braided stainless steel inside the outer cover)



Socket Testing for Earth Present (Optional Item)

This is a useful and inexpensive item. It is not in the standard supply and is an option item. It checks that there is an earth connection. It also checks some other wiring aspects (L & N reverse, No neutral, L & E reverse, L Fault). It is useful in checking all the house/office sockets and for travel. It is a nice comfort factor. In the UK and most of Europe the law requires all sockets are earthed. This is not the case in all countries (e.g. Romania, Thailand) where only a socket in the kitchen or bathroom is earthed.

Body Connection Styles

Earthing Sheet, Recovery Bag, Throw, Plush Pad

| | |
|--------------------------|--|
| Bare skin | Ideal: bare legs are enough |
| Under a normal sheet | No.. inductive& effect only |
| Cotton/poly cotton socks | On feet is fine but have some bare contact skin. |
| Thin woollen socks | On feet is fine but have some bare contact skin |
| Nylon tights | Not that cool in bed |
| Fully clothed | No-inductive effect only* |

*The inductive effect may be mainly placebo. The "inductive" effect occurs at a separation, when there is no physical contact. Very often the interesting but irrelevant body voltage measurement is used to show it has an effect. As your hand moves closer and when separated by a normal sheet, dry socks etc. body voltage drops. However it also drops when you move closer to any earthed object. There are two things relevant to earthing: an electron transfer that needs a hardwired connection; a rhythm transfer that probably needs a hard wired connection but may have a slight inductive aspect. Unless the sheet or socks are damp there is no hard wired connection, no conductive path.

Time and location for use

You can use any device at any time anywhere on the body- the only limit is comfort and your imagination. Night time use: a great time for sheet usage. This is when we are most receptive to healing inputs. You can of course use it anytime (folded up as arrest, wrapped round your legs). The mats can be used at night but are less comfortable than sheets and if you move around in bed contact is reduced. Mats are good during the day, using either hands or feet, at the computer or just resting. Bands and patches can be used at night but cables may tangle and need unplugging- we suggest that you disconnect from the rod/mains.

You can take products with you (the Earthing rod is universal) when you travel. Connectors and testers are available for mains connection in Europe, Italy, Switzerland, USA.

Effects of the sheet

The sheet is intended for general use, more for overall than specific effects. It may however have specific effects that probably depend on how deep and / or systemic issue. For example arthritis may originate from gastric inflammation and show in weak areas, or may be a localised issue only. There may be a local only joint issue and feedback indicates that this benefits most from local input via patches or bands.

Contact Area

Based on body voltage testing (which is indicative only) three finger or 1 sq. inch is adequate. The sheet (and mat with cover) is lower intensity than the mat but covers the whole body and has an effect everywhere. The feedback from local input is that it has a primary direct local effect; how much systemic effect it has is not known. Similarly for general input (e.g. sheet) there will be an all over input, a general benefit, but maybe too distributed, too low an intensity to address a local issue. The mat is sort of halfway.

Product Testing

BV (Body voltage) tester will show that the system is working and also any residual voltage on the earth line. It can be used as an electric field checker.

Socket tester will show an earth present. It will not show the quality of the earth connection. This not essential but is a suggested good option. Available for most countries.

BV (Body voltage) Tester

Continuity Tester

Electrical cables in the house induce an AC voltage on the skin. The BV unit measures this. It drops to near zero when earthed. This allows system testing. It can also help identify other domestic areas of electrical stress. It has been constructed to be convenient in use with hand hold and special cable to also allow sheet testing.



The CT is designed for sheet but can also be used for mats and bands. Patches are disposable. This is a simple purpose made unit that connects to the sheet stud and can be run over the sheet. A green light shows a sound sheet.



Adapters for Travel

Adapters are available for many countries. Often they are just for the two power lines (live and neutral) and do not have an earth. For both the earthing connection and earth present testing an earthed adapter is required. They are available but you have to ask specifically. We hold a few for convenience. There is also a universal version. See below for details.

Your change (wish) list

Your wish list may be different from what actually happens! Please score on a 1-5 scale. Here is a list of topics from which you can select relevant foci

Sleep > Getting to sleep/ Staying asleep / Insomnia/ Feeling rested on waking / Want to fall asleep when

Vitality > Can't get going in morning / Flag at 2-4 pm / Worst time of day & score / Vitality at end of work day / Energy level in evening

Mental/Emotional > Calmness level / Ease of chilling

Aches, stiffness, pain > Stiffness in ? / Aches in ? / Pains in ? / Wounds-ulcers/-bruises

EMF-Radiation linked- phone-PC issues / Electro-sensitivity > What to?